



Product of the Month

April's special is **X-Ponent** for detoxification and immune support. Go to the website to save 20% this month.

Regular price: \$71.00/\$37.00.

Sale price: \$56.80/\$29.60



Tack Room Talk

Hello! This month's product of the month is X-Ponent. We recommend using X-Ponent with the change of seasons as well as during times of significant stress, such as a heavy travel schedule or moving from a southern climate to a northern one. X-Ponent is particularly important in the spring. You can compare X-Ponent's function to your spring house cleaning: it works to clear out the winter cobwebs and give you a fresh new start. We have even had several of our customers ask us to make a detox/immunity builder for themselves, in addition to the X-Ponent for their 4-legged friends.

When considering the appropriate time for detoxification/immunity support, consider the spring cleaning analogy. I know in my case, it takes a lot of energy for a good scrub down and I sometimes feel tired immediately afterwards. Within a few days though, I feel completely revitalized and restored. Our bodies may experience this with a detoxification program as well, in that the renewal and cleansing process may generate immediate but short term fatigue. Therefore, if you have a big race or a big show it might be best to wait until after the event to begin a detoxification/immunity building regimen.

Wishing you health and happiness,

Rae Lynn

Pulsing - Is it Beneficial to Avoid Daily Use of Herbal Supplements?

When it comes to deciding how frequently one should use herbal supplements, we recommend a pulsing, or a rotational regimen. Many believe that the constant daily use of herbs can reduce their effectiveness in the body. Also, our end goal in using herbs is to restore the body to its natural state. In our natural state, we don't usually eat the same foods or participate in the same exercise regimen each and every day.

Consider what happens when you develop a training schedule for yourself at the gym. With consistency, you usually notice changes in your strength as well as the overall tone of your body. However, if you repeat the same program on a daily basis for months on end, you might notice that your body will plateau. This can happen with eating the same food every day as well. Another way to look at this concept is by thinking about what would happen if you continually train on the barrel pattern every day. Before too long, your smoking weekend runs will likely start to fall apart. Your training routine as well as your wellness routine benefit from a period of rest and rotation.

With horses experiencing chronic conditions, we provide herbal supplements six days a week with one day of just pasture or forage. Every couple of months we will even give them a one-week break from supplements. Of course, this depends on the horse. My older horse Pepsi shows signs of stiffness with a week off, so he maintains a continual six-day herbal supplement regimen.

Our protocol stems from the teachings of traditional cultures. They used diet as a way to maintain and restore optimal health and return the body to its natural state. For example, X-Ponent is typically used four times each year with a period of rest in between. Traditional cultural practices such as Ayurveda recommended a systemic cleansing with herbs four times each year to promote and maintain optimal health. Their philosophy is that seasons are associated with different organs and systems in the body. If I don't personally engage in a cleansing and immune restoration program in the spring, I know that I typically end up with a cold. Restorative cleansing revitalizes our systems and boosts immunity to keep our bodies functioning in an optimal state of health.

Strategies for Feeding Herbs

Many of our customers feed herbs to their animals in grain or feedstuffs. Occasionally you might have a horse like our Pepsi, who turns his nose up at just about everything. To get around his finicky tastes, we mix his supplements in warm water to make a tea and administer them orally in a 60mL catheter tip syringe. This method is also helpful when you need to administer different herbal blends to horses in a herd setting.

Expanded Holistic Services

In addition to herbal supplements, we also offer animal bodywork using the Animal Neuro-Myofascial Release Technique. Rae Lynn holds a certificate in this practice, which can include a combination of instrument stimulation and release, manual adjustment, stretches, and stimulation of specific acupuncture points using a cold laser that allows the body to align and balance itself.

Herbs Featured in X-Ponent

Echinacea (*Echinacea purpurea*) - bitter, pungent, cool; alterative, carminative, stimulant, vulnerary; lungs, stomach, liver.

Echinacea stimulates the body's immune system against all infections and inflammatory conditions, counteracts pus and stimulates digestion. It is one of the most powerful and effective remedies against several different bacterial and viral infections.



Oregon Grape Root (*Mahonia repens*) - cold, bitter; liver, stomach, colon.

Used by indigenous people in the Pacific Northwest for chronic degenerative diseases like cancer and arthritis. It has also been used traditionally as a blood purifier.

Astragalus (*Astragalus mongolicus*) - sweet, slightly warm; spleen, lung.

Strengthens digestion, raises metabolism, strengthens the immune system and promotes the healing of wounds and injuries; chronic weakness of the lungs; collapse of energy.



Licorice Root (*Glycyrrhiza glabra*) - sweet, neutral; spleen lung (all 12 meridians).

Chi tonic, expectorant, demulcent, aperient, mild sedative. Strengthens digestion, treats stomach and duodenal ulcers, and improves energy. Clears heat, detoxifies poisons, counteracts sore throat. Used as a harmonizing and flavoring agent in many herbal formulas.

Source: *Planetary Herbology*; Tierra, M. 1998.